



# SHIANNE GRONEN

## How long have you been doing judo?

I have been doing judo since 2014. This is my 6<sup>th</sup> year of judo.

## What judo clubs have you belonged or trained at during your judo career?

I started in my hometown at the Creston Judo Club! A couple years later I moved to Alberta to train at the RTC in Lethbridge, a couple years after that I moved to Montreal to train at the NTC.

## What is the most important advice your sensei ever gave you?

After my very first competition one of my sensei's 'moe' told me "If it ain't broke, don't fix it" he was referring to a hold down I was doing in the competition that was working, when I decided to change to a different position I was reversed and held down. It has always stuck with me.

Another one that is equally as stuck in my mind is that you can hate your coach. They are there to push and drive and test you, this is to make you better. This one has helped in a few moments in my judo career, lol- thanks Ewan.

## Over the years what has been your favorite Judo Alberta event?

I love the Canmore training camp! Training and being out in the mountains, having my family come and enjoying some muscle milk, nothing better than that!

My favorite event at the Lethbridge judo club was the kagami biraki! I really felt like we were all family and seeing each other progress, grow, and be recognized for their accomplishments was very special.

## Who is your best friend in judo and why?

I have too many judo friends to name. Alex, Virginia, Mckenzie, Precilla, Zach, Kaeden, all of them are positive, motivating and look out for me on and off the mats!

## What is your least favorite training or exercise that you do not want to do but know it is necessary to reach your goals?

As a visual learner, it's important that I watch and do video review for judo, it just so happens that this is something I don't love to do. I would rather watch with people, but alone I always have to make myself because I know it's what I need.

## How are you staying physically active during the covid-19 crisis?

I'm lucky to have another athlete in my house with me. Having someone else to help motivate me and visa versa is a big factor in maintaining my training during the Covid-19 crisis! -thanks Ismail

## JUDO ALBERTA BLUEWAVE ATHLETE PROFILE

**Club:**  
Lethbridge Judo Club

**Favorite Post  
Competition Food:**  
Vietnamese PHO

**Favorite Place to Train:**  
Japan

**Hometown:**  
Creston, BC

## BEST JUDO MOMENT

One of my proudest moments in judo was winning gold in Bosnia Herzegovina. It was an amazing feeling to be fighting for gold and having all my team supporting me.

